UNCOVERED

40 days to a masterpiece .... you

By Sandra Furber

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THE INTRODUCTION: A POEM byMichelangelo Buonarroti (1475-1564)

Ravished by all that to the eyes is fair

Yet hungry for the joys that truly bless

My soul can find no stair

To mount to heaven, save earth's loveliness

For from the stars above

Descends a glorious light

That lifts our longing to its highest height

And bears the name of love

Nor is there aught can move

A gentle heart, or purge or make it wise

But beauty and the starlight of the eyes
*This poem was translated in English by George Santayana

Love uncovers the truth by simply illuminating it. The truth is, love is a stream of brilliant thought that will dissolve the veils to reveal the masterpiece you and your life have always been. Love is an unbridled artist that distracts our attention from the everyday to show us we have a purpose. It has been a long journey to discover this. Many rocks were turned over before I remembered what Michelangelo did to create *David*. He lifted nothing in search of his masterpiece; he simply liberated that which was already there. How much time do we waste actually under the rock justifying our search of self, only to forget what we're searching for and then just stay there? This book is about getting the lessons from the rock and freeing the masterpiece. We are here to remember we are the finest form of art, an original, an absolute divine creation. We are that which inspires the art we have become awestruck by. We need to see ourselves as the source, the light of love, masterfully achieving brilliance, with dimension and clarity, in our own life.

Michelangelo worked knowing the image of *David* was already in the block of stone. Our pure essence is also found within a block of stone called *our life*. Chipping away the layers of stone, freeing what he knew to be already there, is how we must free ourselves from the darkness created by our mind's own perceptions. As we become free, our hearts will begin to radiate so completely that we will finally see our full selves for our self-once and for all. And it will be for ALL, as just one realization will begin a cosmic cascading of fully awakening dominos, illuminating the closest student to become the next teacher... and so on.

Michelangelo chose the subject of this work from the Old Testament story of David and Goliath, in which the young David, future king of Israel, flings a stone from his slingshot to kill the giant Goliath. In his success he then saves his nation. The statue represents not only the daring spirit of the young hero but also of Michelangelo himself. He established himself as a master and hero with this work. When art imitates life and lives imitate art, love is at work. Our goal is now to be at work, committed to love. Love will once again transcend itself, to become the dedication of taking one determined step after another away from our Ego to move in the direction of our true self. It is on this path we will heroically stand and face the memory of our divinity and dare our selves to realize the truth of who we are.

When Michelangelo worked, he would naturally sweat. The mind's thinking is also hard at work as it requires itself to arduously gather evidence to support the Ego. The mind, while overworked by the Ego, develops a similar condition to attract. As Michelangelo created, the marble dust would mix to become mire that would splatter all over his face and body. As dust would continue to cover him, he would begin to resemble that which he was creating. Just like Michelangelo the Ego's work creates, as each thought acts and exists as a vibration. Each thought we have becomes a magnet, having experiences stick to us, creating who we are in each moment. As Ego finds more evidence, we experience the old emotion which attracts more of the same result. Are you a replicated version of an illusion of thoughts from the past? We see a unique creation honoured by a present moment awareness for your immense magnitude and purpose!

We know Michelangelo's method was to chip away to reveal the greatness of *David.* Imagine each day as he would honor that which was chipped away by seeing it, understanding it and at the same time knowing it was to reveal the greatness of *David*. It may have been a momentary illusion that the dust of *David* he was covered in created the greatness of Michelangelo. We believe he could see for himself as he would clean up for the day, pieces of stone covering his own greatness that he also needed to cast away. We are here to realize that exact same process. Our tools will be the mind and our intention. Our creation will be ourselves as awe-inspiring. We will become masters of controlling the only stream of thought that holds the truth. This stream of thought with its own intention is love.

What were the intentions Michelangelo was used each day to achieve his masterpiece? Let's trust, while he was working, his single-minded focus was seeing *David* explicated by thoughts and beliefs of who he was as his highest or pure self. How often do we do this for ourselves and for others? What would *David* have looked like if he was thought of for all the trite miscommunications, wrong doings, should haves, or didn'ts? We must adopt this same single-minded focus to retrain our brain to remember its brilliance as it radiates exacting thoughts of love towards ourselves and others. What would your life look like if you wiped everyone's slate clean? Who would you become? The slate while in this presence of now, now free of all judgments would become a sparkling frame to mirror the light of love back to you, as you.

The challenge will be to reclaim the parts of that fear, and pain have in their grips, by seeing all experiences for what they have truly been. We will do this by revisiting significant memories in the presence of love. By moving fear and pain into the presence of love we will see each experience as it was intended. Each experience will transform itself from an energetic block to a free-flowing force that will ultimately have us choose to take a stand or not, for love. We will release the experiences, no longer our destiny but our way of deciding, to allow our true essence to be fully restored. We will not only become dazzlingly lit but will reveal a beauty reserved for our personal and universal elation.

IMPORTANT TOOLS FOR CREATING A MASTERPICE
The easel: a stand for the realization we are already perfection and a divine creation
The canvas: a place to start, each moment being fully present to create what has always been perfection and divine
The chisel: to discard the lessons as they have been fully received, that life gives s us through experiences
The brushes: to paint our hearts with complete radiance to keep us from being led into the darkness by our Egos

The pencils: that draw with precision so we can see we become what we think about
The paint: to color the stream of exacting thoughts of love from our higher selves to ourselves and others

We will alway keep an open mind, to keep our perception surrounded by the presence of love

WHY FORTY DAYS? Seven denotes spiritual perfection and five denotes divine grace. For the purpose of this book, we will use the formula, seven times five equals thirty-five, plus five to equal forty. The number forty found in scripture often illustrates a time of trial or testing ending in victory or defeat. We will make use of the next forty days as the time necessary to declare a victory of the remembering of ourselves as true masterpieces. There will be no fasting, no surviving the wilderness, or no flood, just the discipline to remove daily a layer that will carefully expose our entire being with all its beauty and every one of its gifts. These forty days will also serve as probation; a time of proving we are here to live in power, on purpose and in divine beauty.

WHY SEVEN? Seven shows itself as spiritual perfection. Universally it is completeness: God's seal, the days of creation, notes of a scale, days of the week, the best roll of the dice, colors of the rainbow, major chakras, the lights of the menorah, the continents, emblems of the Buddha, the deadly sins, the seven gifts, the seven seas, and the wonders of the world. The list is endless. The seventh chakra stores divine wisdom, inspiration, and our infinite connection to ALL and ALL there is. It is in this order and perfection we will begin to see ourselves.

WHY FIVE? Five shows itself as grace. Significantly it presents itself as the ancient pentagram, the Gospels-Matthew, Mark, Luke, John and Acts, the languages-Hebrew, Greek, Aramaic, Latin and English, the five-pointed star, the pentacle with each point signifying spirit, earth, water, air, and fire, the five books of Moses: a.k.a. the Pentateuch, the Books of the Law, the Law, and the Torah, five pillars in Muslim faith, the wounds of Christ, our senses, our extremities, our digits, the staff of musical notation. It also repeats itself many times in nature. The fifth chakra stores our will and the power of communication .What we say to ourselves and others will determine our grace. As we multiply grace with perfection, we are left with the remainder of five. This five, our way of completion, has been articulated eloquently in Liber Al vel Legis, "every man and every woman is a star."

A star and masterpiece is who we really are. We need only to find a way to remember, by unmasking all that impedes our senses and heart. When we truly feel and know the only reality is that of love, we will remember our power, our purpose and our beauty. Forty days from now will reveal you uncovered, invulnerable and intoxicating.

THE MEDITATION: THE ULTIMATE STRIPTEASE TO UNCOVER....the Masterpiece (*read the bolded section daily for 40 days)*

Realize the goal... the chiseling back and stripping to the soul...feel that in the silence of creation. Know in that space.... fear does not exist. Release any thoughts you have of fear, they are not yours. They are just there for your observation. If you need to, thank them and allow them to transform back into love.

Begin to breathe... first as a remembering we are governed by all universal laws...notice how each breath comes and goes on its own. If we control, we struggle. If we allow, we are in the sacred rhythm of the infinite. Release to that thought and relax. You have never been safer or more protected. Breathe deep into your being and notice your rhythm slow down. Imagine you are walking toward a doorway. The gilded and ornate opening is leading you to your inner being, a beautiful stage. It is exactly as you imagined, majestic and magnificent. Directed right at you is the light from trillions of stars. You have always been worthy of this full attention and are beginning to remember your true value. As you remember, you suddenly realize this stream of light, its intensity almost blinding, is actually coming from you illuminating eternity. You have a strong feeling of this memory, almost a certainty that you have been right all along, and smile with forgiveness for all and received into infinity.

You are now in your sacred space... you see no one yet feel the love of everyone. This pressure of love is supporting you in a lucid stance. The sound of a sensuously beating drum fills the room as you picture your body being cast, one strip at a time, by all the experiences of your lifetime. As they are being slowly layered, you begin to feel the heaviness and despair as they are placed on each other one at a time. You can barely stand or move, yet you are reminded of the pressure of love that supports you. You are now in a total opposition. You are experiencing what you know to be the extreme contradiction of emotions. You feel each of their limits like a swirling, expanding vortex that seems to be taking you into the enormity of doubt. Know you are safe. Your guides are always responding. It is now time to begin the stripping away of the layers to reveal what your life has been hiding from you.

We will be using words to represent all experiences and beliefs that have led you to believe you do not deserve to fully love and be loved. Listen for the word, associate the experience or experiences these words hold for you and then make the picture of the article you now wish to shed.

Think only of the piece of clothing and not as it relates to the next one. Let the article, with a gender neutrality represent the experiences you associate with each of the words. Stay present to release their meaning.

Cloak: Despising, misery, humiliation, blame...strip off the
Overcoat: Vindictiveness, guilt, shame, evil....strip off the overcoat
Jacket: Condemnation, hopelessness, apathy, despair....strip off the jacket
Tie: Scorn, grief, regret, tragedy...strip off the tie
Shirt: Punitive, frightened, fear , anxiety...strip off the shirt
Belt: Denial, disappointment, desire, craving ....strip off the belt
Trousers: Vengeance, antagonize, anger, hate...strip off the trousers
Socks: Indifference, demanding, pride, scorn...strip off the socks
Shoes: Permitting, feasible, courage, affirmation ...strip off the shoes
Garter: Enabling, satisfaction, neutrality ,trust...strip off the garter
Corset: Inspiring, willingness, optimism, hope...strip off the corset
Scarf: Merciful, harmonious, acceptance, forgiveness...strip off the scarf
Gloves: Loving, benign, reverence, love...strip off the gloves
Pendant: Wisdom, meaning, reason understanding...strip off the pendant
Hat: Oneness, completeness, joy serenity...strip off the hat
Undershirt: All-being, perfection, peace, bliss...strip off the undershirt
Underwear: Self,is enlightenment, ineffable...strip off the underwear*

**The list of words associated with each article of clothing were inspired from the Map of Consciousness from Dr. David Hawkins's book Power vs Force. His research has revealed that each level of thought has a vibration. His scale begins with 20, representing shame as the lowest level, and continues through the spectrum to enlightenment as the highest possible vibration ranging from 700 -1000. There have only been a handful of people that have achieved this range of vibration and they include Lord Jesus Christ, Lord Buddha and Lord Krishna. The world consciousness as of the printing of his book was 204. We thank Dr. Hawkins for his continued research and transformational books. Please go to Veritas Publishing to order his books and seminars.*

You have now stripped away all the experiences that your Ego has misled you to think define you, and all your outcomes. Stripped away are the emotions associated with each word. Notice how the items of clothing were not really yours. They were chosen only to represent the many thoughts we have within of our self. Each negative association is now released. No longer will it be part of your energy field...no longer able to attract similar experiences and emotions. You will now understand each of these aspects with divine neutrality. You are now bare to the soul, pure light, radiating love, with an exacting connection to eternity. Feel this as a remembering, the only way you can ever be defined.

As you have become completely unattached to all these experiences, we will gather up the associated aspects of being human for you to see.... **Elimination, destruction, abdication, despondency, withdrawal, enslavement, aggression, inflation, empowerment, release, intention, transcendence, abstraction, revelation, transfiguration, illumination, and pure consciousness. The inclusions of all these aspects collectively sculpt being human, pure love is its entire pallet, its complete medium. To be conscious of all these aspects of being human is to have compassion.**

To have compassion is to have a neutral heart, with full acceptance and a stand for the greatness of another human being. To realize this is to be love. To now live this is to be love. This is who you intended to be. This is how you will change the world. Fill your body with a mosaic of all these aspects. This is who you are and how you will connect to every facet of the universe. It is in this state that miracles will occur. In the space of this realization, stop the mind, open to your entire being, and stay still in the shimmering silence. Feel the compassion well up inside and radiate into your sacred space. Everything that is outside and inside is you. Your span is infinite, your connection complete.

As you have stripped away all experiences and emotions, you can embrace and gather each aspect of being human into you. The perception of the void has been filled to overflowing with pure love. Remember nothing has really changed. This is always who you have been. You have just allowed yourself to simply remember by completing this exercise. Stay shimmering, quietly silent, and ask for your special gift to be shown to you. Ask that the gift you decided to share with this lifetime show itself clearly, so you may now act upon it. Now look around to your sacred space. You are aware of the support of love as you find yourself in the moment before beginning to walk back out of your inner being, off your stage, and back to where you physically began. You take a celebrated bow.

As you walk off the stage, you notice you are lighter, brighter, calmer, more joyous and wiser. You thank with all your heart those that have assisted you, and realize they are giving you a thunderous applause. The applause continues becoming a rhythmic unison, an acknowledgment of accomplishment and honour. The rhythm begins to slow and quiet to allow the now audible drumbeat to meet it with exactitude. The applause and drumbeat fuse together to match the sound of the universal heartbeat which you are now in complete harmony with. Like you, it is powerful and full of purpose. Slowly open your eyes. You feel refreshed and alert. You experience your surroundings as you have never before. In this moment, there are no barriers that prevent all your senses from completely experiencing, now. You feel fluid, connected, fully conscious and more awake than you have ever felt. Everything has new meaning and depth. Every meaning is that of love.

As you open this book begin to open yourself to the opening of your full potential. Each word has come from being completely present. Please allow yourself to remain in this same presence. Mastering this will have clarity drop into your life like an anvil. You will begin to see everyone as a teacher and receive the endless gifts they have for you. In the grace of the exchange everything will finally make sense. You will see yourself as we have seen you all along... absolute perfection.

THE REMINDER
The process of being able to use love to illuminate who you really are will reveal the perception of a shadow that is simply your past. As you think of the shadow, let it conceal all the beliefs your Ego claims as you to sustain itself. This analogy is to allow an easy detachment. You are to be in its awareness for the gift of its contrast and at the same time to be completely undefined by it. Remember how the universe supports your perfection by showing you at high noon your shadow ceases to exist. Your shadow, the Ego and past, hold the emotions that no longer serve you. Who you really are will experience life with pure feeling not emotion. The daily goal is now to become again, the source of love which radiates not on you, but from you, as you. There will be no shadow, no past or Ego, just your magnificent presence, in each and every moment.

SURRENDER DOROTHY.... Aren't we so tired of "Who am I?", or the more frustrating "Why am I...the way I am?" The answers would be so simple if the heaviness of fear, anger, hate, and isolation could be stripped or chipped away. We would absolutely and easily reveal ourselves as rare, beautiful, pieces of art. The experience of stripping away our old beliefs and negative thoughts one by one would expose our sumptuous, spectacular and sacred self. What would it be like to discover you unveiled, the intoxicating image and the precision of love? I believe it is everyone's birthright to be able to stare into their own eyes and know their perfection, power, purpose and beauty.

Why do we not already know this? We live continuously accepting what life has added to us, as us, when we should know who we really are lies in the depth of our being. We can even pretend we "know" this, yet this is how we must now "live". From this word forward surrender to the truth... you are a Masterpiece, a priceless and supreme work of art.

We now realize our lives, experiences, challenges, pain, loss, and betrayals, to name a few, have encased our pure soul in layers and layers of masking. The mask becomes the form we no longer see out from or be seen because of. Who we are becomes measured by the results of these daily misperceptions? This then adds layers to make our form denser and we become, literally, more dense. Who we are is clouded, veiled, and covered like some sort of human collage? If beauty seems to be found in its simplicity or what isn't there, we must have the courage to accept the profoundness of living stripped to the soul.

We all know this frustration. We can feel the need to cry out but because of the medium that is packed around us, all that is ever heard, muffling through, resembles a sigh rather than enragement. When asked how we are, we declare fine and what we mean by that is the ambiguity of the line that we have drawn across the sand. Will we take a stand for our greatness, fight for living in joy? We must become disarmed, unveiled, and naked to give us the full power we have been battling against. The truth is we will remember our strength as we become uncovered, without the false protection that has actually been causing the deception of our weakness or inabilities. Can you begin to unravel the truth by answering this... was the *Wicked Witch of the West really wicked by using fear to have Dorothy surrender to her inherent power?
**WICKED debuted June '03 simultaneous to our publishing*

MASTERPIECES HAVE NO EGO. Ohhhhh... Do you ever notice a piece of art

MASTERPIECES HAVE NO EGO. Ohhhhh... Do you ever notice a piece of art, not having an ego, does not pick up any baggage throughout its life to cloud its original intent? This seems to make it effortless to see the multitudes and unlimited aspects of its meaning and in that, the beauty. It is also easy to accept it fully without a need to second guess or change it. What would it be like to simply see ourselves as we are and within in that space of acceptance, see the perfection we have always been? If we can get back to our original state, the clarity of who we are will allow others to also fully realize and remember who they really are. It is in this exact moment that we become the masterpiece and the artist in our own life. Our meaning will have clarity, and, in its simplicity, love will be realized.

In our original state we were created from the image of pure love, greater than any physical masterpiece we have ever seen. We are an original, God was the artist, and the medium was love, period. Please allow these words of truth to begin to remove some of the layers we all must shed. Where do we begin?

Haven't we been waiting to hear that this power has been ours all along and that we ourselves can reveal our own truth and beauty? Let these poems, your answers and affirmations become you, as you become the master artist in your own life. You are already all you intended to be. This book is just a reminder of the joy to reveal you as a masterpiece. You will unveil yourself over and over again, discovering the most irreplaceable, fearless, and beguiling being. Let us instead of being knights in full armor charging our way through life become dazed full of amour charging through the night, living in power, on purpose and in divine beauty. We will not only see the masterpieces we are but create a life that we will proudly dance across, signing it, as an artist would with boldness and love. You only think you haven't already been doing this. Let's begin the conscious creation of you and your life as a Masterpiece.

We begin with simple questions and honest answers, each intending to cast, a layer that prevents our true essence to be known. Isn't it perfect that cast means to shed and also to radiate? In the casting, as in sculpture, what we will remove will unveil with clarity our ultimate image. If we can boldly strip back to our souls, we know our gifts will be known by all, and that our life will truly have made a difference.

IN THE BEGINNING WAS THE WORD...

These words have been mostly written in the first person to invite you into each experience. Each experience is from the collective.

SLIP

I saw them, I tingled, the magic is still there

Years of the momentum of hope; an exceptional pair

Representing my decisions, my actions, my power

Faith in myself yet to others...never, ever, cower

Standing proudly in beauty, very sparkly and bright

Staring down at the red, I feel my heart full of light

I well up in knowing my thoughts bring me home

No deceit behind the curtain; for my true self I am shown

Red sequins, beads, bows; carefully adorn each sole(*Click hells 3 times)*

Mind, body, soul; beauty complete as diamonds from coal

From whom or what have you cowered?

What have you seen as deceit that you can now see as leading to your truth?

How much time do you spend reliving deceit and what is that costing you?

What are the patterns you now can identify?

Do you see all experiences as pressure to form you, as coal becomes diamonds?

What or who has contributed to the diamond you are?

How do you now view theses events or people, and who you do you need to forgive?
The ruby slippers are on your feet everyday; what will you realize about yourself today to see yourself as perfect just as you are and where you are?

Just for today where I am is absolutely perfect, because where I am and who I am is love

Today I reveal myself through my writing.......

THE ULTIMATE STRIPTEASE

How I dream and fantasize
The freedom to shed each layer
I close my eyes, cloak my cries
Feeling heavy ready to tear
Tears are streaming, dripping, ripping
The process provocatively begins
Each tear, rips to tear, unraveling the disguise
The angered hate from promiscuous lies
The shedding is now a sharing
Gifts to be realized, recognized in fact
Each item discarded for all to remember
A connection to the resurrection of this brazen act
No stopping, each article sensually cast
This art form, the movement answering truth
Each choice slow carefully
Reveals us stark naked
Tearless waterfalls of love
Fully awakened

What lies have been promiscuous?

What is your Ego claiming to be you?

If you fully realized it and let it go, would it change how you see yourself?

What experiences are you willing to share/shed today?

What would your life look like if you would give these away?

How will you move today that will answer your truth?

As you shed the heaviness of these experiences, what do you see and feel?

Just for today I stand stark naked, outfitted confidently in love

Today I reveal myself through my writing.....

THE BLOCK
Always there, your protection I've been
Nothing gets past me-made you feel safe?
Safe... small
To always need
Do you know all I have done?
As you go through life unscathed
So you think
I'm good at my job
Passed down, no choice, no help, just strife
Forever close by
Your opponent I'll be
The BLOCK
To deflect everything
Slight woundings- mostly greatness
Greatness your destiny
See...my choice
To void this walk
I'm you - in front of you
To get in your way
I bock the path
Fend off fame

Catch conditions
See you hiding from your truth
I take your say
I am there until you know the truth
Then I go
As you choose to allow
Love pours in
Anxious to reunite
Liberty of fear
A library of light

When have you been conscious of the "you" being in the way of you?

What emotions have run this pattern for you?

Will you release these today?

What hidden greatness can you fully see now?

Just for today I shatter my Ego by allowing all love and light to pour into my being

Today I reveal myself through my writing...

ENDOWED

I am a gift for only you to see
I am the song your heart will sing
I travel through time and will always be
Right with you, while under my wing

I am a sound of unheard pureness
I am the world awaiting your freedom
When you are ready to complete openness
Life will unfold to be you Kingdom

I am precious, a treasure, irreplaceable
The only one that the world shall see
I am patient as I am insatiable
Of love, you'll know yourself to be

I am as bright as the finest infinite star
Deserving of each dream that I wish
I'll make you proud, please don't go far
My git is right here-pure magic, swish

Are you ready to open me? Just close your eyes
Hope for a surprise requires imagination too
Feel your heart, feel the ocean and deep blue sky
All love, pure spirit, the gift is really YOU

What do you as a gift to the universe look like? Be very detailed.

What are the gifts you can now see you possess? Don't stop.

What are the gifts you admire in others?

These lists combined are who you really are.

Will you today, believe in all that you are?

What will you do today that answers the question of who you really are?

Just for today I acknowledge my being as a gift and honor myself with love

Today I reveal myself through my writing.......

BLACK or WHITE
Day is my night as I live almost blindfolded
Allowing a mask of fear to mask fear of light
Night is my day as I dream in perfect clarity
Eyes wide open to witness with speechless sight

The mask is my history, my future, my legacy
The one I will wear until its cloth becomes tattered
My eyes are the present, the now and beholden
That can pierce through, destroy, old fears shattered

Darkness will come back and seclude me from living
If I stay out of now and remember the veils
The illusionary being can hide from its greatness
A light of which the star pales

What experiences have you allowed to be your mask?

How are you hiding, and what are you hiding from?

What fears are running your life and which ones will you give up today?

Just for today I stand in the truth of my greatness and live like my eternal light is burning endlessly like vast exquisite ray of love

Today I reveal myself in my writing...

PAPER and PEN

I did not know how little was known
Without pages written a lifetime is gone
Memories lost as empty pages are shown
Nothing to share in this awakening dawn

Empty pages are all now but useless fears
So few keep an inheritance of records
Let's not use this paper to wipe away tears
Still worlds of love will be found in your words

It takes but a moments to reflect with a pen
Then endless moments of joy as you share
I'll do it today and not one day when
To honour this lifetime with care

What layers of regret and loss are you willing to shed?

What memories and thoughts could you save by keeping journals?

What will you write about today and how will your day unfold, knowing it is being recorded?

What aspect of yourself are you ready to share?

Just for today I stop to write my thoughts, dreams and accomplishments

Just for today my life is a best seller

Today I reveal myself though my writing.....

SEE THROUGH

Clear is my heart, my mind a cloud, of years of trying to know
What lies internally, eternally? A soul that yearns to show

The fear is found among the pain, experiences forming a cast
That takes a form for all to see, the shape of a human past

The light is dim as I sit and wait, and as I choose to dread no more
Experiences to stop defining myself; desire then begins to soar

How can I allow myself to see, that which my heart has shown?
A spirit that has no shape expands, with love, a celestial tone

As I correctly choose, light is infusing my body as I have known
It is now endless, vast and filled with love, connected to all I am shown

My mind is now clear and empty of thoughts that have defined me and my fate
I bathe in light, in trust and love, that I now can be ALL , not in time , never late

Since it is never too late to choose any moment to be that of your deepest insight, will you choose this many times today?

What would those insights be?

What is now clearly "see-through" .... clear to you?

Would you choose the state of being "see-through" to allow experiences to pass through and not become you?

How will you remind yourself to stay in this state?

What will you let pass through you today?

Just for today I start with the clarity to realize the many lessons and gifts of each precious moment

Just for today I end the day as the day that changed my life

Today I reveal myself through my writing.......

ONE DAY- each day is the battle with self/*higher self*

One day I will live like I only have one day

My destiny is my divinity

One day I will speak like I have a say

Body, mind and soul are my trinity

One day I will feel like I only have one day

Joy and peace are my salvation

One day I will hear and listen like God may

Freedom from fear is my elation

One day I will see like I only have one day

Everything I witness is love

One day I will touch like only gentleness is the way

My intentions are that of a dove

One day I will be like I only have one day

Each breath is simply the moment

One day I will think like there is only grey

I experience myself as heaven sent

One day I will regret because I only have one day

I live my breadth and purpose fulfilled

One day will be not enough here as I lay

Courage, certainty and completion are willed

How many layers would be chiseled away if you lived in each moment of today? How many layers would fall away if you listened only to you higher self?

How much time do you spend in "one day" thinking?

What will you do today, just for today?

How does hearing you are divine open your mind to new ways of seeing yourself or thinking?

How much of your day is willed and how much do you wait for?

Just for today I am only the breadth of love

Just for today I release all limits and excuses to live fully

Just for today I reveal myself through my writing...

BLACKBOARD

Chalk is the evidence of the endless attempts
To claim my sense and knowing-a growing contempt

Scraping the words deep into the black
Deliberate, they stare back beginning the attack

Punishing the child, the detention to repeat
The words over and over, no sign of retreat

Now white, confusing, no sense to be made
This anger I now know; my weapon is laid

The battle I surrender is with my self
Beside my chalk lain, the answer on the shelf

The eraser; the new weapon, opposing of harmful
Objectively stands for power, to create what is neutral

I wipe away the chalk's wounds, abundantly aching
To see the true blackness, the self I've been faking

Slate clear, my mind, the beginning, now awake
To start each day, no regret, empty hands, love I'll make

What have you written on your board that you need to erase?

What ritual will you create to erase each night and each morning?

What do you write on other's boards?

What will you erase for them?

Who will you share this with?

How will you keep your hands free of chalk?

Just for today I keep my slate clean.
Just for today my hands are busy creating love

Today I reveal myself through my writing...

SURRENDER

There is now a chance to save a soul
It is just to let it be

Accept, don't judge, let it choose
The experiences it needs to see

To save a soul does not mean rescue
It is just to let it be

Let it live and love the breadth of choice
To fill your heart and set it free

How many of your layers consist of a lack of acceptance?

How many layers do "you" reside in?

Will you fully accept who you are and your choices to set yourself free?

What choices would you then make to support who you really are?

Is there someone in your life you could accept fully and set both of you free?

Who is it?

How will they know?

Just for today I relax my thoughts and allow judgments to diffuse themselves into love. I do this for the highest good of all

Today I reveal myself through my writing...

L.O.V.E.
Living One Voice Eternal
Letting Openness View Everyone
Laughing Only Very Effortlessly
Light and Omnipresence a Violet Expression
Look Observe Voice Everything
LA OM VA EE**
Lifting on Volumes of Ecstasy
Lotus Opens Values Er
Learn Overcome Violence Eliminated
Lingering Oscillations of Violins Emanating
Longingly Opulent Verifying Eloquence
Light Our Voices Exalted
Living One-mind Veritas Everlasting
**LA OM VA- Sounds from the Kalachakra "The power of Ten"*
integrating mind, body and spirit with the infinite in order
OM HAM KSHA MA LA VA RA YA SVA HA

*EE The sound mantra for the Crown Chakra to illicit inspiration, prayer, clear perception and union with our higher self.

What memory acts as proof that all is not love?

How big of a block are you willing to allow this to be?

What could love look like with this block gone?

If love is in everything, all experiences, and all the words, where are you not finding love?

Just for today I find love everywhere and in everyone

Where could you find love today where you have never seen it before?

Today I reveal myself through my writing.....

DEFINITION: LOVE in opposition of itself becomes itself.

Love is this......love is there
Love is that......love is here
Love is not.......love is far
Love is so........love is near

Love is great.... love is fast
Love is small.... love is late
Love is when.... love is who
Love is what......love is fate

How many of your layers are clotted with judgments?

How much does Ego show itself through judgment in your day?

Who have you judged?

Who has layers with judgments of who you are, that you could forgive?

Where do judgments of what love is stop you from the full experience of the love you are?

Can you release the fear of others judging you by fully accepting yourself?

Will you do this today?

Just for today I see love where I didn't before

Just for today I look deeper, farther and sometimes closer

Today I reveal myself through my writing...

YOU THOUGHT

You waited...no one came
You asked....no one answered
You wished.... none were granted
You loved....no one loved back
As you thought.... **you** thought

God waited.... you didn't come
God asked... you didn't answer
God wished...you didn't receive
God loved...you didn't love back
As God thought...God though

You waited on God, always there
One mind, instant peace
Life transformed, beauty appeared
Every question, answered absolutely
As ***we*** think, **we** know love

How many of your layers contain loneliness?

How many times do you feel cut off and alone because you cut yourself off and become alone?

Why do you allow this experience in your life?

Who told you that unhappiness fulfills any aspect of your life?

Who do you need to forgive?

Just for today I am never alone because with love, I always have an equal

TodayI reveal myself through my writing...

WHO ARE YOU
How deep is my heart, my soul, my universe?

When I look into my eyes I cannot see or feel

When I look into your eyes, I am lost in
the vastness

I lose time, my breath, every possibility seems real

What are these feelings I fight to control?

Who has told me they are not for me to know?

When I look into your eyes every thought, every question

Has an answer, I can drown in, while I grow

I am lost in the found ness still needing you to guide

Let me surrender to all that you are and can see

When I look into your eyes all truth stands still in time
I realize to release all I know and just be

Can I stay in this moment, in this place of understanding?

For a second long enough to breathe, and pinch myself awake

When I look into your eyes the moments grow to be

A lifetime of knowing all there is, is for me to take

Is there heaven on earth for I'm intoxicated and
feel?
The heaviness and lightness as I fall into a trance

When I look into your eyes all I've ever known is wrong

There is love everywhere, in everyone, in all existence

Do you have a memory of being honestly guided?

Will you trust yourself to return back to this wondrous existence?

Who is it that has guided you? Do they know this?

Would your actions change if you thought someone else's life depended on you?

Will you reread this poem looking into your own eyes and remember who you really are?

Just for today I learn from and teach everyone I am in contact with

Just for today the subject is love

Today I reveal myself through my writing...

CHOICE

What lies beneath a choice

A choice from a time unknown

How we choose to live right now

Resides unleashed, until shown

Experiences continue to perpetuate

Patterns repeating themselves until sick

Too tired to change or chance even worse

Very used to this candle's double wick

If choice is made from a choice of the past

We must decide now in the present

Observe who we've been, see what we need to do

To be the vision of love.... more what God meant

What layers are being added by making choices from past situations?

How many layers would be shed if you made each choice today from the present and who you really are...remembering your sumptuous, spectacular, and sacred self?

What is a choice you can make today from the present, that could change your life?

Just for today I catch all thoughts that come from fear and release them as gifts

Just for today fear is the past

Today I reveal myself through my writing...

ENDING INCENSE

Lingering smoke, what is it being?
A painting, a landscape, a dance
What is it I am really seeing?
Opportunity of perpetual chance

Who is it really that is guiding?
This stream like a gentle offering
What are the meanings that are hiding?
Insights of life and love everlasting

My thoughts could be just like this smoke
Twisting desperately on and off who I am
Since they surround as they are woken
Let them mist with the gentleness of a lamb

The lingering smoke is now surrounding me
I am more careful as I choose what I think
I remain in the present, right now, to be
Bathed in a haze of soft light and pale pink

I fix my gaze on this smoke, now I know
The source so intent to ignite
If love is the obsession that I want to grow
Surely my love, must be its own light

What are your layers doing to your environment?

What are your thoughts doing to your environment?

What do others experience in your presence?

How do you know when your thoughts are supporting your truth?

What are you waiting for to happen, that you need to ignite at its source?

Just for today my thoughts mist my surroundings in love

Today I reveal myself through my writing...

WORDS

What are words if not to heal?

All I have is what I write, say or read

I remember that I was told to kneel

To really know why, was all that I'd need

Forgive the useless facts I know

And start with a clear slate and new pen

Look into my heart ask it to grow

Clear a path of old thoughts and start then

Reflect now on the words that I choose

Delicate brush stokes on an infinite canvas

Not to write, speak or read, the history I'll lose

Closed doors becoming gateways, a pass

I will rewrite my birthright and legacy at last

Records reframed to release a daring spirit

How and who I have been is only the past

To switch darkness for my entirety, brilliantly lit

What stories are you willing to strip away and unravel?

What do you say to yourself and others that is not forwarding?

What stories do you need to rewrite from your past or simply eliminate?

How will you talk to yourself today that will honor your divinity?

What words would reflect you as the light of love?

Just for today I live like I am a unique and irreplaceable treasure without which this world could not know love Just for today my goal is love

Today I reveal myself through my writing...

PERCEPTION

I dream in secret, I am ashamed

There will be laughter, I will get named

...I live a life now tamed

I waiver in secret, no one knows

I imagine the laughter, the tears grown

I Over-ride man-made

I Seem to profile, I am not

The sound of my voice is heard upon

I See, I feel the earth with

I seem to profile, I am human

The sound of laughter, it grows, and the

I Over-ride, yet, in being man

UNCOVERED

Who hardly known who you are?

Who?

Where do you hide?

What makes you afraid?

Who have never been your Wife?

What painful memories are you a-frame that you can not go a-gile?

What scars you shall take to experience love as you unfasten self?

Will you love, then remain?

Just for today I am a fiery spirit willing to live without judgment of others.

Today I reveal myself through me writing...

UNCOVERED

SUNSHINE

I would something I discovered in a ray of day I could see

I would see a shadow, shadow, shadow, shadow

The lightness of the shadows I would be that man to see

I am an shadow, shadow, shadow, shadow, shadow

I would see shadows of love the strength forming power

I would see shadows of love the strength forming power

I would be a light, a light, a light, a light, a light

Shine on me, a light, a light, a light, a light, a light

I would see a light, a light, a light, a light, a light

Then long to know light, a light, a light, a light, a light

I would see a light, a light, a light, a light, a light

I want to see light, a light, a light, a light, a light, a light

UNCOVERED

What will you shed and those today that you have you want to give up?

Now is time something ever happened

Do you remember the time when you could see psychic, either or also stopped the feeling into the soul?

Can anyone when thought that long you have lying?

Just for today I live the everything a-sunlit power

Today I reveal myself through me writing...

UNCOVERED

Well for me to see in my eye (second manifestation of the universal mind) I must see with my heart

We all have and can day fall for and make other feel all that we are

The light, the love the life positive, a-wide that all positive and

Have that we define from feelings

The light of love we need a-transpiral

Love is our souls, the spiritual power ancient a-sunlit a-sunlit

I believe love is, what, the, the, the, the, the, the, love

I believe the desire that lights the soul and power we each with lovers

I believe love is, what, the, the, the, the, the, the, the, the, the, love

That the more yearning, thirsting, connecting sunlit yearnin a-sun

Have I see the sun concerns, for the moment of love

Love for the mysteries if through and breaks, Yearning you as Divine

In my heart the mysteries, divine, love was, yet unknown, yet, love

Love for the mysteries, divine, love was, yet unknown, yet, love

I want to see love, love, love,

Can you see your Ego must die and cease to run you?

If Ego holds all the layers, what will you do today to release the Ego?

Can you see where the I of the higher self can shatter the *I* of Ego?

How do you distinguish them from each other in your mind?

Which one will you listen to today? Why?

Just for today the "I" of my Ego is the contrast necessary for me to see myself as a divine creation

Today I reveal myself through my writing.......

HESTITATION

Hesitation nothing next
Hesitation unwritten text
Hesitation you choose
Hesitation always loose
Hesitation free will
Hesitation nothing still
Hesitation shameless thinking
Hesitation ideas sinking
Hesitation never see
Hesitation skills free
Hesitation too scared
Hesitation no one cared
Hesitation there's no tomorrow
Hesitation certain sorrow
Hesitation all alone
Hesitation regrets shown
Hesitation missed ride
Hesitation empty inside
Hesitation party skipped
Hesitation esteem ripped
Hesitation just missed
Hesitation almost kissed
Hesitation bad start
Hesitation empty heart

What aspect of yourself have you lost to hesitation?

How will you reclaim that today?

What do you need to do right now that if you did, would change your life?

Just for today I notice hesitation and realize it is there to prevent me from knowing my greatness. I win this battle without hesitation as I move from moment to moment in the stream of love

Today I reveal myself through my writing...

WITHOUT HESITATION*

Without hesitation everything always
Without hesitation complete written plays
Without hesitation life is
Without hesitation wishes never miss
Without hesitation all choice
Without hesitation divine voice
Without hesitation clear thought
Without hesitation guilt, not
Without hesitation perfect simplicity
Without hesitation except ability
Without hesitation absolute freedom
Without hesitation inclusion in the Kingdom
Without hesitation there's only today
Without hesitation continuously we pray
Without hesitiaon always secure
Without hesitation actions are pure
Without hesitation an uninterrupted journey
Without hesitation the satisfied essence of me
Without hesitation never neglect
Without hesitation tenderness reflect
Without hesitation always exact
Without hesitation love is a face
Without hesitation always festivity
Without hesitation eternal creativity

Without hesitation you never end and without hesitation you and love blend.

* to be read with the previous poem 'Hesitation' or on its own.

Each is the each other's opposite.

Who will you be today without hesitation?

How can you defeat the EGO without hesitation?

Who will you be today, without hesitation?

Just for today a stay entered and powerful.
Just for today I confidently choose with hesitation, love

Today I reveal myself through my writing....

THE ROCK

Crashing the waves, beating the shore
The shore many rocks, all sizes much lore
The waves always changing never alike
The rocks very definite not matter their plight
The crashing subsides now gently sighing
These rocks evermore, their true self replying
Experiences like water continually transform
Invite our self like the rock, to know love is the storm

Is you life mostly the wave or the rock?

Do you see the waves in your life as gifts to full realize all you are?

How consistent is your state when you are challenged?

What are the qualities of the rock you would like to embody?

Just for today I am a rock of certainty

Just for today I see the storms of my life as the contrast necessary for me to know love

Just for today as I am pounded and beaten by experience, I begin to see my polished beauty

Just for today I realize the waves and rock are one

Just for today the storms and love have no separation
Just for today I am that oneness

Today I reveal myself through my writing...

DECEPTION

They didn't see my pain
They didn't see the lengths
That I would go to show
The world only my strengths
They didn't hear my cry
It silenced by the shame
My body and soul now ravaged
Deception now to blame

I have become this deception
As they accept each day my choice
While I try to destroy the delusion
What you see gives me my voice
If deception is who I am right now
I declare I am the cause
The choice to elude the illusion of self
The most broken of human laws

My act is just and act
No need to play out, not trust
No longer will use to push away
Lover that i deserve, this now a must
In the cast of time it feels
The time to know for sure
The thought that I am anything, else
Not deception , just perfection and pure

Where does a fear of someone finding you out, keep you from getting what you deserve?

How will you spiral back to the truth of yourself being love?

How would exposing your self actually be safer than hiding?

What is really having strength and what is really being weak? List what you need to reframe.

Just for today I stand in the knowing of my truth Just for today the truth of me is love

Today I reveal myself through my writing...

LEAP OF FAITH

I see this world
As I look outside
Through the glass so thick
A pain of of pain so wide

I stop looking out
And see a world inside
Not unclear glass, but a soul
Endless love as my guide

The beauty unfolds
I look again outside
Seeing clearly missed wonder
This leap, my newfound stride

I really see this world
Out there and within
The pane of pain is shattered
Many pieces
Peace shared with US all
Everyone always there to win

What experience would you shed if you knew you were actually sharing it with the universe to release it back to the source of love?

How would you see your world knowing pain is collective?

If you could see past yourself into the eyes of others would you be clearer of whom you are?

If you were to clean your pane what would you be rubbing off?

Just for today I see with clarity the world which supports me

Just for today I do this by staying present to my divinity and the divinity of others
Just for today I use compassion to wipe away the vagueness which secludes me in fear

Today I reveal myself through my writing...

THE ATTIC

It is the room that's overlooked, I fear just what I'll find

Never cleaned and never a thought, could be just like my mind

Many webs dense with trickery, I can't tell what they hide

Relief gives a moment, but a sneeze, begins the regret unwind

Clouds of dust settle, reveal, now ready I can face

What scared me until now I see, with care I put in place

Light on truth see what once was thought , memory real is now

Stands for me to decide its fate, not fate to why or how

Effects, projects, attempts and defeats , hidden with their glory

Clear for both now to be exposed, to believe in, never sorry

It's the room that is in order, reminders of all the was

Clear to see the lessons of love, not dusted by why and because

What do you need to accept just as it is?

What can you dust off to see the gift that was also there?

Who have you left behind covered in the dust of why and because?

What piece of you also has been left behind?

What will you reclaim back to complete yourself today?

Just for today I live in clarity that everything I experience is for my highest good. In that clarity I find the full essence of my divinity

Today I reveal myself through my writing...

BELIEVE

How can I believe, when all I see is a lie?

Everyone deceiving, no one sees the cry

No one sees a glimmer, of promise or of hope

All I see is panic and fear, grimness forms a joke

I know I've heard and felt the words, I remember deep inside

Suddenly your eyes lock mine, and release a sense of pride

You are all that I have wished, when I struggled to make sense

With this newfound sense of promise, I throw my hat over your fence

I'll take each risk, remove the plea, and stay in each goal I have set

I'll live a life so completely full.... nothing to regret

Do you ever look 100% into the eyes of another?

Do you let others release your true being?

What would you do if you truly believed in yourself and knew you couldn't fail?

Who would you love?

Just for today I believe in myself and love

Just for today there is no separation as I extend this belief

to others

Today I reveal myself through my writing...

FOUR DIRECTIONS

Swirling, whirling, softly sweeping

Thoughts from the heavens in my mind are creeping

Pureness, sureness songs of reason

Singing the earthly wisdom from each season

Wintry, glittering, frozen angels in time

Snowflakes each different, a calling sublime

Springing, swinging, joyously growing

Renewing, remembering a true sense of knowing

Summery, wondery, playing and sharing

Realizing how much and why you are caring

Falling, stalling, being, and patient

Gathering, celebrating that which is heaven sent

Seasons, directions, each path is leading

A soul now to know the love it is needing

Gazing, blazing, loudly waking

Visions now conscious, true love for the taking

Which season will you take the lesson from?

What will it show you?

What do you now notice that you didn't before?

What would you feel if change was your only sustenance?

Just for today I change with each season, as I learn with grace a lesson each day of love

Today I reveal myself through my writing...

STANDING

Truly standing

Sure, of choice

Unsure, unattached

Knowing that self decides

That self creator

Standing for what is love

Love of self

Feet heavy with certainty

Weighted by belief

Head uplifted waiting

Miracles land gently on lashes

Even flattering with new sight

Seeing, radiance emerging

Daily flickering, daylight refuse

Truth effervescing

Frisking an iluminous cry

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UNCOVERED

Tongue turning words of sadness

Speak, vocal, shattering fear

Truly standing, speaking love

When have you been weighted by restraints?

How did you leave?

When was the last time you repeated a mistake?

When was the last time you truly spoke without fear or judgment? Will you be into friend your being and wash away your fear?

Just for today I stand in truth and certainty that I am fearless when I hold thoughts of love

Today I reveal myself through my writing.....

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UNCOVERED

BLOWING IN THE HEMMING BREEZE?

I dear wish you a wandering

To love, love, love... and

To remember, "there's no place like, home"

and the adventure of pride and

Listen, watch, feel everything

Use written, drawn, told, and shown

With love you are safe, and safe is home

Always endless, never alone

Yet my message is a microcosmos

For you, to be revealed

Not enigmatic, mysterious, never

Hard to open, never solved

Lock-pannels so, in the ot which is secret yet unseen

Love is never lost, it is the path

The miraculous golden lane

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UNCOVERED

"Dedicated to John Lennon (He wrote his double dateus when dozer), Mark Twain (as a very frequent guest) and E.V. Harburg (He wrote the lyrics for the Wizard ofOz and also fond dozer)

What prevents you from sitting your life in perfect?

What would you be blown way in the breeze from your life... if you could?

If you are never off the path of love, or it is endless and infinite, what are you still finding wrong about where you are or what you need to be happy?

Describe what today will look like as you stay on the path of love?

Just for today I travel on the path of love and walk with, courage, grace, wisdom and pride

Today I reveal myself through my writing.....

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UNCOVERED

THE ESSENTIAL VIEW

Go ahead to the be-ness of the joyous of kindness

To feel the mind-soaking sunglass of charm

Sunshine-rights of the sensitive of sensitive

To feel the tender-filled energy of promise

Go middle the delay of the bend of creation

To remove-fully group of great-pride vision

Gentleness the love and regard to the passion

To feel promised-towards, endless love just wedding kiss

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UNCOVERED

What hearts in your being would you find if you turned yourself inside out?

What would the world experience?

Where must you turn your thinking completely around to find love?

What can you do differently by simply changing its manner, to feel and accept more love?

Just for today I expand and remove into the vastness of love free for today seeking surprises we from my divinity

Today I reveal myself through my writing.....

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UNCOVERED

THE FINAL ROW

Your presence in the power

Allows your essence

To become the present

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UNCOVERED

What gifts are you willing to keep hidden? Lor-then

What will you reveal today as a gift to the world?

Who will you be yourself not?

If you truly could allow the statement "it's not your fault", what could you finally begin and remain from now being?

Just for today I am present and vast to my full essence

Today I reveal myself through my writing.....

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UNCOVERED

SOLACE - An unusually complete or a lyrical with a pause to reflect

Sigh lands a moment... silence

Sigh here of a moment... silence

Sigh twice to allow a moment... silence

Sigh lands a moment of love... silence

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UNCOVERED

How much closer do you schedule in your day?

What makes you afraid of being with yourself?

What question do you know you have the answer to but you were listening to your ruse?

If you are exposed and clipsy all worlds unfolds and joy is released, will you do the rodeo?

Just for today I listen to the silence and when do I realize the answer to every question, I need possibly ad

Today I am fully revealed, and, in the silence, I find my divinity. Its is what I write about today as I see my self and life as masterpiece.....

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UNCOVERED

THANK YOU: to my family, parents, friends and teachers for everything that has been absolutely perfect for me to then have here

It came from a different place

But from an everyday compliance

Yet deeper profoundly unsinking

Every wondering discomfort

Put at ease

Forgiveness to an off-y-basic interest

This time this sanction a response of love

To come from divine brilliance

Being fully human, fully spirit

Facing everything as it sees, as it is

As perfection

Consciously forgiving

Eternally graceful

Peace carefully reaching the hands of love

Never letting go saying

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UNCOVERED

Thank you

It was the thanking for everything

It was thanking God

Being clearly the learner of these words.

These words were a fully realized perpetuation

Of a mission, a connection, a vow of surrender

To the greatness of self, of love

If we all give thanks and receive thanks with the sincerity that these words hold, we will be in a state of bliss. Bliss is the state of being that we are seeking for the bound of our co. It is hard to dream a certain myself and which from the slumber like nightmare that has for running out love. I hope you will surrender to the magic of love and the light of hope for a better world. But your dream long gay stinks and no purpose. May your eyes reflect your beauty and perfection! Thank **you** from the depth of my soul.

Today I reveal my thanks through my writing and as I do, fully reveal my self as love.....

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UNCOVERED

FINAL THOUGHT

I never ever to copy your but page and steal it to everyone that has contributed to this book and to everyone that has shown their gratitude for yourself and of your readers! will reveal the **you** of your dream. Now take a picture of yourself and go and buy 1 make outside that a gallery!!!

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